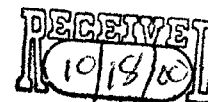


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October 11, 2000

Office of Special Nutritionals (HFS-450)  
Center for Food Safety & Applied Nutrition  
Food and Drug Administration  
200 C Street SW  
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as 30-day notification, pursuant to section 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "The branched chain amino acid (BCAA) metabolite  $\beta$ -Hydroxy  $\beta$ -Methylbutyrate Monohydrate (HMB) has been shown to support the body's ability to minimize protein breakdown and damage to muscle cells which can occur subsequent to intense resistance exercise."

Dietary supplement ingredient: HMB.

Dietary supplement brand and name: Twinlab MEGA HMB FUEL.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

Neil Blechman  
Executive Vice President  
Twin Laboratories, Inc.

Enclosures

975-0162

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